



General Services Department/Risk Management Division

# Employee Benefits Bureau Newsletter

For more information please visit: [www.mybenefitsnm.com](http://www.mybenefitsnm.com)

Issue 4  
Nov 2015



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### Open/Switch Enrollment November 9<sup>th</sup> – 25<sup>th</sup>!

#### Member Benefits Available For Enrollment/Change

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- Premium Only Plan (POP)
- Disability
- Flex Spending
  - Health/Dependent Care
  - Transportation/Parking
- Life – Employee Supplemental and Dependent Life



Have you gotten your flu shot this season?

Get your FREE flu shot at  
**The Stay Well Health Center**  
at no cost and no wait.  
Walk-ins welcome

**\*Next Free Flu Shot Clinic\***  
**Wednesday, December 4<sup>th</sup>**  
**7AM – 6PM**

## Stay Well Health Center

Hopefully by now you have heard of the new Stay Well Health Center located at the Joseph Montoya Building in Santa Fe, but have you had a chance to experience their services? The new clinic offers **FREE** health care services to State of New Mexico and participating local public body employees and dependents that are covered under the State Employee's Risk Management Medical Plan.

All services and medication dispensed at the Center are free and completely confidential. Focusing on prevention and wellness, together you can make sure you have the proper tools and information to take care of yourself and your family. The Stay Well Health Center can be your primary care for all your health care needs. Please call to schedule an appointment.

#### Services offered:

Women's health exams	Contraceptive counseling	Cough and colds	Ear/eye infections
Sore throats	Immunizations	Minor laceration repair	Skin rashes/burns
Comprehensive physicals	Sports physicals	Sprains/strains	Sexually Transmitted infections
Condition management	Exercise & diet planning		

Hours of Operation: Monday – Friday 7AM – 7PM  
Saturday 8AM – 12PM

Located at: 1100 St. Francis Drive, Suite 1000  
Santa Fe, NM 87505  
Tel: 505.827.2485

#### Meet the medical staff of the Stay Well Health Center...



**April Dobrath, FNP-C**, is a board-certified Family Nurse Practitioner who received her Master's degree in Nursing from Frontier Nursing University in Hyden, KY. She is also currently working on her Doctorate of Nursing Practice with dual board certification as a Psychiatric Mental Health Nurse Practitioner. April approaches care from a holistic approach designed to optimize the patient's health experience and overall well-being.

**Allison May, FNP-C**, is a board certified Family Nurse Practitioner who received her Master of Science in Nursing from Vanderbilt University School of Nursing. Allison previously worked for the Tennessee State Department of Health as a family nurse practitioner, providing full-scope primary care to under-served children and adults. Her experience in public health has given her a broader view of the importance of preventative health and wellness.

**Theresa Gutierrez, FNP-C**, is a board certified Family Nurse Practitioner who received her Masters in Nursing from the University of St. Francis in Joliet, IL. She has had the opportunity to work in a variety of healthcare settings, providing care to individuals of all ages from diverse populations.

For more information on The Stay Well Clinic, please visit [www.mybenefitsnm.com](http://www.mybenefitsnm.com)



**STAY WELL  
HEALTH CENTER**

Serving the State of New Mexico and Participating Local Public Body  
Employees Covered under the State Employee's Risk Management Medical Plan



*in partnership with*

## Reminders

### • Open Enrollment ends November 25<sup>th</sup>.

Enrollments received after November 25<sup>th</sup> (midnight) will not be accepted.

Please don't forget to send all necessary proof of dependency documentation for any newly covered dependents to Erisa via fax at 505-244-6009

• Make sure to update your Beneficiary, spouse life and supplemental coverage information at the carrier's website:

Securian/Minnesota Life  
<http://LifeBenefits.com/pla/design/SONM>

• To pay Employee Supplemental/Dependent Life premiums, employees must now pay Minnesota Life directly or via Electronic Funds Transfer (EFT), which allows for monthly billing. The EFT form can be found at <http://LifeBenefits.com/pla/design/SONM>. Form must also be faxed (along with a cancelled check) to Securian/Minnesota Life. If you do not enroll in EFT you will automatically receive paper invoices, starting 1/1/2016. Each paper bill has a \$2.00 administrative fee. Paper billing will be sent quarterly or semi-annually as it does not allow for monthly billing.

• FSA  
- Health & Dependent Care is an annual enrollment. -  
- Parking & Transportation pledges will roll over to 2016.  
- POP for After Tax Deductions Waiver form must be completed each year and faxed to Erisa (505-244-6009) by 11/25.

**Happy Holidays  
from the  
RMD/Employee  
Benefits Bureau**

## November - Diabetes Awareness Month

The goal is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is a very important mission. The American Diabetes Association is celebrating its 75<sup>th</sup> anniversary this year with a theme "Eat Well, America!", sharing a timeless message that eating well is living well. Here are just a few of the recent statistics on diabetes: Nearly 30 million children and adults in the United States have diabetes. Another 86 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type-2 diabetes and for heart disease and stroke.

With 51% of Americans being obese and childhood diabetes being a new epidemic, learning to eat healthy is more needed now than ever. The childhood disease of obesity and diabetes, caused largely by poor diet and high sugar intake, has taken an enormous toll on our children's health. Making an effort to cut sugar and improve our family's diet is of the utmost importance.

In trying to stay away from sugar, it is worth noting that many different foods have sugar in them. For example, tomato sauce, bread and crackers all have sugar. Reading food labels and recognizing the many different names sugar is listed under is key. How many sodas do you have a day? Studies indicate that drinking sweet beverages exacerbates any health issue. Making a change to your diet habits could be instrumental in leading a longer and better life.

Do you know what a A1C test is? It's a blood test to check one's blood sugar levels over the past 3 months, allowing you to see where you stand with diabetes, and without having to fast. If you're in Santa Fe, you can get your A1C test done at the Stay Well Health Center for free. Do you know what your blood sugar is?

## EAP Services for State of New Mexico Employees

As your Employee Assistance Program Provider, The Solutions Group provides State of New Mexico employees and their eligible dependents with free, confidential professional counseling. Our counselors are licensed professionals with extensive experience in the field of short-term counseling and assessment who are committed to helping you find a solution within six face-to-face sessions. We offer personalized solutions for life's challenges, including but not limited to:

**Marital conflict • Drug/Alcohol abuse • Family challenges • Anxiety • Workplace issues • Grief and loss • Conflict resolution • Gambling • Depression • Relationship issues • Child/elder care**

The Solutions Group provides a dedicated toll-free number that is available starting at 7:30 am (enrollment in any health program is not required). The Solutions Group provides the following:

- Up to six (6) **FREE**, confidential counseling sessions per incident
- Access for all employees, eligible dependents and family members living in same household
- Access 24/7/365
- Critical Incident Stress Debriefing (CISD)
- Supervisor consultation and referral support
- Employee Training and Education
- Dedicated toll-free State of New Mexico access (1-855-231-7737)
- Website: [www.solutionsbiz.com](http://www.solutionsbiz.com) password: **SONMEAP**
- Local Albuquerque EAP office located at: 1240 Pennsylvania NE, Ste. C, 87110, Toll-free 1.866.254.3555 or Local 505.254.3655

Did you know that we also offer free webinar trainings? Free courses available through The Solutions Group/State of NM website at [www.solutionsbiz.com](http://www.solutionsbiz.com) and enter **SONMEAP** in the Workplace login box. Full description of each webinar can be requested from your HR representative. Agencies may also request specific group trainings.

If you have questions or wish to access services simply call the dedicated toll-free number (1-855-231-7737) or visit the website at: [www.solutionsbiz.com](http://www.solutionsbiz.com).

